
REPORT
OF THE
NATIONAL HEALTH SOCIETY.
1890.

1891.

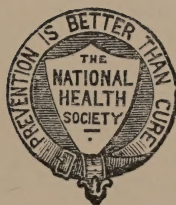
NATIONAL HEALTH SOCIETY

Eighteenth Annual Report,

READ AT THE

GENERAL MEETING OF THE SOCIETY,

MARCH, 1891



London :

OFFICE OF THE NATIONAL HEALTH SOCIETY,
53, BERNERS STREET, W.

1891.

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1889-1890.

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KEIGHLEY—SANITARY ASSOCIATION.

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Subscriptions and Donations may be paid to the Secretary at the Office, 53, Berners Street, Oxford Street, London, or to the account of the Treasurer, at the London and Westminster Bank (Oxford Street), London. Post Office Orders to be made Payable in the name of Fuy Lankester, at the Post Office, Mortimer Street, Middlesex Hospital, W.

THE OFFICES OF THE SOCIETY ARE OPEN EVERY DAY
EXCEPT SATURDAY, 11 TO 5, 53, BERNERS STREET, W.

Lecturers and Examiners.

A. T. SCHOFIELD, Esq., M.D.
H. WILLINGHAM GELL, Esq., M.A., M.B. Oxon., M.R.C.S.
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RICHARD BANGAY, Esq., M.D.
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MISS ANNESLEY KENEALY (late of St. Bartholomew's Hospital
and Great Ormond Street Hospital for Children).
SISTER KATHARINE (late of St. Bartholomew's Hospital).
MISS MYRTLE TEAR (late of St. Mary's Hospital, Paddington).
MISS MARY HARRISON (Government Inspectress of Cookery).
MISS M. E. SCOTT, A.S.I.
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MISS SHARMAN.
MISS DAWSON.
MISS FOWKE.
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MRS. HENRY SWANN.
MISS WARREN.
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MISS MARY PARRY.
MISS LAMBERT.
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MISS EMMIE STURGESS.

Honorary Examiners.

LANGDON DOWN, Esq., M.D., F.R.C.P.
FREDERICK TREVES, Esq., F.R.C.S.

REPORT.

THE Committee of the National Health Society have this year to lay before their friends and supporters the eighteenth Annual Report of the Society's work.

The usual Courses have been given during the year by the regular staff of lecturers, as follows :

| CENTRE. | SUBJECT. | ORGANIZED BY | LECTURER. |
|-------------------|----------------------|--------------------------|-------------------------|
| Glasgow .. | " Sick Nursing " | .. Mrs. William Mirtlees | Miss Homersham. |
| Mildmay Park | " " | .. Secretary .. | " " |
| Henley .. | " " | .. Mrs. Holmes .. | Miss Kenealy. |
| Ennismore | " " | .. Miss Maud Adeane. | " " |
| Gardens | " " | .. Secretary .. | Miss Homersham. |
| Office of Society | " " | .. Miss Grace Horsey .. | " " |
| South Acton .. | " " | .. Lady Florence Cecil | Miss Kenealy. |
| Hatfield .. | " " | .. Miss Chadwick .. | " " |
| East Sheen .. | " " | .. Secretary .. | Mr. Owen Lankester. |
| Lancaster Gate | " First Aid " | .. Miss Beckwith .. | " " " |
| Chislehurst .. | " " | .. Secretary .. | Mr. Ch. Percival Crouch |
| St. James Square | " " | .. Mrs. Robert Norton | " " |
| Belsize Square .. | " " | .. Miss Redpath .. | Mr. John Gay. |
| Norbiton .. | " " | .. Miss Grace Horsey .. | Mr. W. Gardner. |
| Putney .. | " " | .. Secretary .. | Mr. Owen Lankester. |
| South Acton .. | " " | .. Miss Redpath .. | Mr. John Gay. |
| Mildmay Park .. | " " | .. Miss Bros .. | Mr. Owen Lankester. |
| Avenue Road, | " " | .. Secretary .. | Miss Mary Harrison. |
| Hampstead | " Domestic Hygiene " | .. Miss Redpath .. | Mr. John Gay. |
| Putney .. | " " | .. Miss Bros .. | Mr. Owen Lankester. |
| Sidecup .. | " " | .. Secretary .. | Miss Mary Harrison. |
| Windsor .. | " Cookery " | .. Secretary .. | Miss Mary Harrison. |

The Society is much indebted to the ladies who have so kindly lent their houses for lectures and examinations, and who have actively assisted the work of the Society by promoting lectures in their own localities.

MEDAL EXAMINATION.—An examination for the Medal of the Society was held in November by the Society's examiners, Dr. Gell, Mr. John Gay, M.R.C.S., and Mr. Owen Lankester, M.R.C.S. The successful candidates, Mrs. Bell, Miss Bland, Miss Delcomyn, Miss Lambert, Miss Martyn, Miss Peascod, Miss Pridham, Miss Sills, and Miss Charlotte Williams, will be awarded the *Silver Medal* at the annual distribution of the

Society's certificates, which it is hoped will take place again in May next year. To gain this Medal it is necessary to have taken three certificates, and pass a final examination in the subjects for which those certificates are held. Ladies who are awarded the Medal are considered qualified to teach for the Society, and amongst those who are already on our list of lecturers as medallists of the Society we are proud to mention Mrs. Dickson, Miss Emmie Sturgess, and Miss M. E. Scott.

FREE LECTURES.—The demand for these free lectures is ever on the increase, and funds are sadly wanted to enable the Secretary to comply with the incessant demand for them. *Voluntary lecturers* for this special branch of the Society's work are greatly needed, as the demand far exceeds the means of supplying *paid* teachers. Hundreds of free lectures have been given in the poorer districts of London during the year.

"HOMELY TALKS" have been given to the soldiers' wives at the Victoria House, Chelsea, and Wellington Barracks, as well as to the members of the Y.W.C.A. Girls' Friendly Societies, Working Girls' Guilds, and Mothers' Meetings and Unions, at Thomaston, in Ireland, Blackburn, Wokingham, East Sheen, Hatfield, Chiswick, Earlsfield, Cobham, The Hon. Maud Stanley's Home in Soho, Putney, Highgate, Finsbury Park, Euston, Paddington, St. Thomas's, Portman Square, Lyndhurst Church Mission, Kentish Town, Drury Lane, Stepney, Limehouse, and elsewhere, on subjects relating to "Sick Nursing," "Clothing and Care of the Body," "How to Make the Home Healthy and Happy," "What to Do until the Doctor Comes in Cases of Accident," etc., "The Prevention of the Spread of Fever, and Use of Disinfectants," "Words to Mothers, and the Care of their

Health," "The Rearing and Care of Infants," "Food and Cookery," etc.

These lectures and "Homely Talks" can always be had on application to the Secretary. Members of the Society are entitled to a certain number free of charge for the poor of their neighbourhoods.

MISS M. P. PARRY has given the following lectures for the Society :

A course of Ambulance Lectures at the Y.W.C.A., Queen's Park, W., to young people employed in business, service, and laundry work. Great interest was evinced.

Two courses on Ambulance at Princess House, Y.W.C.A., Brompton Road, S.W., followed by an examination conducted by the Society.

A lecture at Chiswick for the Y.W.C.A., on "What to Do till the Doctor Comes."

And a lecture at Limehouse for the G.F.S., on "Washing and Dressing," in the "Homely Talks" Series.

Among those who have joined our ranks during 1890 is Miss Margaret E. Scott, a lady who has had some years' experience in teaching and lecturing upon Hygiene and Domestic Economy to large classes of teachers in training for the certificates of the Privy Council on Education, and for those of the Science and Art Department.

MISS M. E. SCOTT holds diplomas from South Kensington for Advanced Physiology and Advanced Hygiene, as well as that of the National Health Society, but her special forte is Sanitation. Her enthusiasm in the cause of a diffusion of sanitary knowledge among women may be seen from the fact that she sought and obtained leave from the Council of the Sanitary Institute (London) to enter for the examination in Sanitary Science and Law, as instituted for obtaining the diploma granted

by the Council as a guarantee of competency to perform the duties of a Sanitary Inspector. Miss Scott successfully passed this very practical examination, and is now the only lady in the United Kingdom who holds this diploma. On Feb. 11th, 1891, she was elected an Associate of the Sanitary Institute.

The following lectures have been delivered by her in London under the auspices of the Society :

| | |
|--|--|
| Toynbee Hall | "Physical Culture." |
| Hon. Maude Stanley's } Home | "Health." |
| Burdett Coutts's Hall, } Westminster | |
| | "Alcohol : Its Medical and Health Aspect." |

MISS FLORENCE STACPOOLE has, as usual, been most popular. She has given forty-one "Homely Talks to Mothers" during the year, and has drawn up for the Society a most excellent little penny book, entitled "A Talk with Young Mothers," in which is embodied much of her maternity instructions. The excellent practical results of this teaching have been brought before the Society many times.

MISS ROBERTSON has been most popular amongst her London audiences of working women this year, having given more than thirty "Homely Talks" in different districts. In the summer she made a tour amongst the fisher-folk of Wick, in Scotland, where her teaching was received with the greatest interest and enthusiasm.

MRS. SWANN has been most persevering and successful with her mothers' meetings, and many new members have joined expressly for these practical "Homely Talks" on "How to Keep Home Healthy and Happy," "Food and Clothing," "Care of Children," "Nursing the Sick," etc., etc.

MRS. DICKSON and MISS STURGESS, Medallists of the Society, are now doing good work in teaching amongst the very poor in all parts of London.

After the next medal examination the Society hopes to secure the services of many more lady teachers, who will then be qualified to be upon the staff of the Society's lecturers for "Homely Talks."

Many ladies are now desirous of going through a *thorough* training in Domestic Economy, Cookery, and Domestic and Personal Hygiene, and the Secretary is making special arrangements for these ladies.

JOHN GAY, Esq., M.R.C.S., has given a course of lectures on "Domestic Hygiene," and one on "First Aid," at the South-West London College, Putney, during the spring. The former was particularly well attended, was completely illustrated by diagrams and models, specimens of food and clothing, and included the inspection of drains laid on good principles at houses in the locality. A sheet of tables of food values compiled from various authors was also distributed to the students.

The Society is indebted to Miss Redpath, a principal of the College, for her great assistance in organizing these lectures.

An examination of a class in "Nursing" was held at Balham, and in "Domestic Hygiene" at Avenue Road, Hampstead. The examiner reports that in both instances there was evidence of good preparation on the part of the teachers and the candidates; and of those of the latter who were successful, all were fully up to the standard maintained by the Society, and several showed a very superior and intelligent knowledge of their subject.

Extract from letter received from DR. GELL :

"Since I last sent you a report of the work I have done for the Society, I find that I have held five examinations for the certificates after courses of lectures in 'First Aid,' 'Nursing,' and 'Hygiene,' and have also taken part, with Mr. Owen Lankester and Mr. Gay, in an examination for the Society's medal.

"With regard to the examination for the certificate, it is again a great pleasure to me to be able to report very highly of the proficiency attained by the majority of those who presented themselves, giving evidence of the great care, accuracy, and completeness with which they had been taught by the lecturers.

"I know I may speak for my brother examiners as well as for myself, when I say that it is our aim that the standard maintained should be a high one, and to assure ourselves that those to whom the Society's certificates are granted should exhibit a clear, satisfactory, and practical knowledge of the matter comprised in the lectures. The admirable way in which, in the majority of instances, I have found these requirements met, is as clear a proof of the quality of the instruction as it is of the interest and enthusiasm of the candidates."

Lectures delivered by DR. BERNARD O'CONNOR
for the National Health Society during 1890 :

- Jan. 10th. Christian Community, Thrawl Street Mission Hall,
Brick Lane, Whitechapel. "The Home we
Live in."
- Jan. 17th. Christian Community, Thrawl Street Mission Hall,
Brick Lane, Whitechapel. "The Home we
Live in."
- Jan. 20th. Church of England Temperance Society (St.
Augustine's, Kilburn Branch), St. Augustine's
Boys' School, Kilburn Park Road. "Health
and the Drink Question."
- Jan. 27th. Church of England Temperance Society (St.
Augustine's, Kilburn Branch), St. Augustine's
Boys' School, Kilburn Park Road. "Health
and the Drink Question."

A course of three lectures, under the auspices of the Chichester Sanitary Association, at the Assembly Rooms, Chichester, on January 28th, February 20th, and March 5th, on "Dirt and its Removal: from the Physical, Chemical, Medical, Engineering, and Legal Standpoints."

These lectures, which were specially prepared and of a most difficult character, requiring to be dealt with from points of Law besides those of Health, were delivered each night to a crowded room, the audience numbering about three hundred persons. The result of the course was that the Municipal Election, which took place immediately afterwards, went in favour of those who advocated the draining of the city, a piece of engineering work which has been already entered upon.

A course of four lectures at the Braintree and Bocking Literary and Mechanics' Institution, Braintree, January 29th, February 5th, 12th, and 19th.

- Lecture I. Foul Air—Defective Ventilation—Clothing—Cleanliness.
 - Lecture II. Insufficient Light and Small Objects—Artificial Light—Lamps—External Cold—Damp—Houses and Schools.
 - Lecture III. Heart and Lung Troubles—Congested Organs—Bolting Food—Rush, Hurry, and Overpressure.
 - Lecture IV. Food—Drink—Children's Food—Cooking—Water.
- Crowded meetings.

October 27th, Schoolroom, Southall (Rev. John Jackson).
"Sanitary and Insanitary Houses."

A course of lectures (October to July, 1889-90 and 1890-91) as in 1888-89. Thirty-one lectures in the course, which goes over the whole ground of Elementary Anatomy, Physiology, and Hygiene, at the Young Ladies' Convent School, Willesden, N.W.

COUNTRY LECTURES.—Dr. Clement B. Gunn has delivered a course of lectures at St. Bernard's, Peebles, N.B., under the auspices of the Society, to members of

the Y.W.C.A., who chiefly consisted of mill-girls, on the following subjects :

1. Girls' Clothing and its Errors.
2. Domestic Economy.
3. Home Nursing.
4. Home Nursing.
5. Medical Hints and Emergencies.
6. Surgical Hints and Emergencies.

DR. EDWARD SQUIRE delivered a course of lectures on Domestic and Personal Hygiene to ladies at Harrow, the examination at the conclusion of the course being conducted by the Society.

A series of the Society's ever-popular lectures on Nursing and Health have been given at Eastnor and Ledbury, in Herefordshire, which have been very largely attended by all classes of people.

LADY HENRY SOMERSET, who is a member of the Society, and a Vice-President, undertook the organization of these lectures, which were delivered by Miss Annesley Kenealy. A Nursing Class was held at Eastnor Castle, which was attended by Lady Henry Somerset, Lady Elizabeth Biddulph, The Hon. Marie and Miss Maud Adeane, and many other ladies well known in Society.

MISS M. E. SCOTT, A.S.I., delivered a course of three lectures on Dress, Health, and School Hygiene in the Duke Street Higher Grades Schools at Norwich (by kind permission of the Norwich School Board) during the month of August; these were very largely attended by audiences exceeding two hundred in number, chiefly composed of the Assistant Mistresses and Female Pupil Teachers in the Board and Voluntary Schools of Norwich, though many others availed themselves of the opportunity of Miss Scott's valuable teaching. It is hoped that the interest aroused in Norwich by these lectures will

lead to fresh centres for the Society's teaching being formed in the new year, and for this the thanks of the Society are due to the efforts of Miss Scott.

Several lectures were given to Lady Henry Somerset's Mothers' Meetings at Eastnor and Holly Bush, on the treatment of accidents, the care and feeding of infants and young children, and many cases of simple home nursing.

These meetings, as well as a popular course in the Ledbury Mission Hall, were very largely attended, and unflagging interest was shown by all present.

Many women expressed their gratitude for the opportunity of acquiring such useful knowledge, and thought such teaching should be more generally extended to the poorer classes.

LECTURES FOR THE COUNTY COUNCILS. TECHNICAL EDUCATION.

There is a prospect of much more extended work in the provinces of England. At the request of the Devon County Council ten ladies are to give simple courses of lessons or "Homely Talks" in "Cookery" and "Domestic Economy," at different centres throughout that county during the summer months, on the lines of the following syllabus :

HOMELY TALKS.

I.—COTTAGE DINNERS, AND HOW TO COOK THEM.

Why food is necessary—Flesh-forming and heat-giving foods—Why we cook our food—Three first principles of cooking—Value of vegetable food—Lentil stew—Squab pie—Vegetable soups—The value of soups—The best food for children—Porridge, etc.—Recipes for three dinners.

2.—COTTAGE DINNERS, AND HOW TO COOK THEM.

Stews—Treacle pudding—Oatmeal and hominy porridge—Cornish pasties—Sea pie—Roast heart—Soups—Stews—Rice

dumplings—Recipes for three dinners—Working day—Dinners to be sent to father out of doors—Sunday's dinner.

3.—COOKERY FOR THE SICK.

The great importance of good cookery for the sick—Good food the best medicine—Beef tea—Mutton broth—Possets—Cooling drinks—light puddings—Gruel—Arrowroot, etc.

4.—NURSING THE SICK.

Why fresh air and cleanliness are so necessary in illness—How to keep the sick-room fresh and airy—Use of disinfectants—Arrangement of the sick-room—Bed and bedding—Changing sheets of helpless patients—How to lift a helpless patient (practical demonstrations)—Duties of the nurse to both doctor and patient—Preparations for the night.

5.—NURSING THE SICK.

Washing the patient—How to make a poultice—How to apply hot fomentations—Prevention of bedsores—How and when to give food and medicine—Steam kettles (practical demonstration).

6.—WHAT TO DO TILL THE DOCTOR COMES.

Burns and scalds—What to do if a dress catches fire—Cuts, bites, stings—What to do and what not to do if a person has a broken leg or arm—Fainting, and how to treat it—Frost-bite—What to do when a person has swallowed poison.

7.—ACCIDENTS, AND HOW TO TREAT THEM.

Different kinds of bleeding—How to dress a wound—Sprains—Triangular bandage—Arm slings—How to restore apparently drowned people.

8.—PREVENTION BETTER THAN CURE.

How to *keep* well—Baths, hot and cold—Tubbing the children—Flannel clothing—The mother of the household—Dustbins—Decaying greens—Bad smells—Pig-tubs—Pure drinking water.

9.—HOUSEHOLD MANAGEMENT.

Early rising—Washing and dressing—Making beds—Forethought in arranging the day's work—Cheap breakfast dishes—Baby's food—Milk and fruit for children—Weekly cleaning.

10.—HOUSEHOLD MANAGEMENT.

Preparing for washing-day—Washing and ironing—Dinner—Making up the fire—Plenty of hot water—Children's dinner—How to roast in a saucepan—Vegetables—A simple method of making a dozen puddings from one recipe—Supper dishes.

11.—WORDS TO MOTHERS.

Why it is important for women to take care of their health *before* confinement—Three things that are more necessary at this time than at any other time: 1. Fresh air; 2. Good food; 3. Proper exercise—Why it is a duty for women who are expecting to become mothers to take especial care of their health—General care of women after confinement.

12.—HINTS TO AVOID CATCHING FEVERS.

How disease lurks in darkness and dirt—Infection from drains, cisterns, sinks, and dustbins—Precautions as to milk and water—Pure water—Prevention of the spread of infection—Scarlet fever—Measles—Vaccination.

DR. A. SCHOFIELD'S LECTURES TO LADIES ON DOMESTIC AND PERSONAL HYGIENE. — These courses of lectures have been held at seven different centres, Westminster, South Kensington, Notting Hill, Clapham, Maida Vale, South Hampstead and Morley Halls, Regent Street, and have been attended by about five hundred ladies. Each course consists of twenty-four lectures, twelve primary and twelve advanced, and is followed by an examination for the certificate of the Society, the first of which has been fixed to be held on January 20th, at the offices of the Society, 53, Berners Street, about sixty names having already been sent in for the same.

Fresh centres have been formed, and these courses of valuable teaching will recommence in the new year. Application for particulars, etc., should be made at 53, Berners Street

PHYSICAL EDUCATION.—In view of the importance which attaches to a proper Physical Education, and the absence of any definite and uniform qualification among teachers of Gymnastics and Calisthenics, the National Health Society, at the instigation of Miss Buss, North London Collegiate School for Girls, have formed a *department* of Physical Education, under the management of an influential committee, and are prepared to grant diplomas of proficiency to such teachers as have fulfilled the necessary curriculum, and have passed the required examinations. This step will serve to ensure the proper and careful training, especially of children and girls, and while it will protect the public on the one hand, it will be the means of differentiating fully competent teachers on the other.

COMMITTEE.

Frederick Treves, Esq., F.R.C.S., Chairman of Committee.

Lord Meath.

Sir Richard Webster, M.P.

Major George Cruden.

Sir Douglas Galton, C.B.

Herbert Gladstone, Esq., M.P.

Professor Strong.

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Mrs. Priestley.

Mrs. Fleming Baxter.

Sir James Crichton Browne.

Dr. Schofield.

Dr. Robert Farquharson, M.P.

Lord Charles Beresford, R.N., C.B.

Colonel G. M. Onslow.

Miss Buss.

Mrs. Bryant, D.Sc.

Miss Cock, M.D.

The first examination took place on November 8th.

Written.

Vivâ voce.

Practical.

EXAMINERS.

Colonel G. M. Onslow.

Frederick Treves, Esq., F.R.C.S.

Charles Roberts, Esq., F.R.C.S.

Miss Cock, M.D.

ASSESSORS.

Mrs. Matthews, London School Board.

Allan Broman, Esq., London School Board.

J. M. Macqueen, Esq., German Gymnasium.

Miss Annie Campbell, Miss Rose Goodman, and Miss Maude Whiteley took the Society's diploma.

MEETING AT GROSVENOR HOUSE.

On Tuesday, May 6th, the annual meeting for the distribution of certificates to successful candidates, who had passed the Society's examinations, took place in the Rubens Gallery at Grosvenor House under the presidency of His Grace the Duke of Westminster, the President of the Society, to whose kindness the Society is again indebted for allowing the meeting to take place at his house. The noble rooms were crowded with friends of the Society besides the three hundred candidates who presented themselves for certificates. The chief interest of the meeting this year consisted in the first distribution of the Medal of the Society, which Her Grace the Duchess of Westminster graciously bestowed upon the recipients amidst prolonged cheering, the following are the names of those who obtained the Medal: Miss Kate Terry Lewis, Miss Lucy Terry Lewis, Miss Constance Hargrove, Mrs. Dickson, Miss M. E. Beacall,

Miss Mary Maxwell, Miss Florence M. Turner and Miss Ethel M. Spiller; and amongst those who obtained certificates may be mentioned: the Countesses Victoria and Feodore Gleichen, the Hon. Lady Birkbeck, Viscountess Ebrington and other ladies of distinction.

THE DUKE OF WESTMINSTER took the chair, and amongst those who addressed the meeting were Sir Joseph Fayrer, K.C.S.I., F.R.S., Sir Spencer Wells, Bart., Rev. J. H. Ridgeway, Rev. H. R. Haweis, Mr. Frederick Treves, F.R.C.S., Colonel G. M. Onslow.

THE REV. H. B. HAWEIS preached a sermon on behalf of the National Health Society the last Sunday in July, at St. James's, Westmoreland Street, W.

LONDON SCHOOL BOARD.—631 girls went up for examination in "Laws of Health" and "Domestic Economy" for the Society's prizes. "As a whole, the answers were fairly good. Some of the papers were excellent in every respect."

LIVERPOOL SCHOOL BOARD.—The examiner's report has not at present been received.

NORTH LONDON COLLEGIATE SCHOOL FOR GIRLS.—Prizes for "Laws of Health" and "Domestic Economy" presented for the National Health Society by Lady Elizabeth Biddulph, June, 1890.

NEW PUBLICATIONS.

| | | | |
|--|-----|-----|-----|
| Notes on Domestic and Personal Hygiene. By a Medallist | | | |
| of the N.H.S. Bound in cloth | ... | ... | 1s. |
| Talks to Young Mothers. By Miss Florence Stacpoole... | | | 1d. |
| Hints on Window Gardening | ... | ... | 1d. |

| | | | |
|---|-----|-----|-----|
| Nursery Rules. By Miss Annesley Kenealy | ... | ... | 1d. |
| Aide Mémoire. Printed on card | ... | ... | 3d. |
| Aid to Injured and Sick is passing into its fourth edition, the sale continuing to be as large as ever. | | | |

THE METROPOLITAN PUBLIC GARDENS ASSOCIATION (83, Lancaster Gate, W.).—This association, which is in connection with the National Health Society, still continues to carry on its useful work, to lay out gardens and playgrounds in London, to secure the opening of existing open spaces, to encourage the formation of public gymnasia, to plant trees and to place seats in thoroughfares, to preserve commons and other open lands from encroachment, and to promote in every possible way the cause of open spaces. During 1890 a large number of important undertakings were brought to a successful issue, amongst which not the least satisfactory was the opening by the London School Board of 166 of their playgrounds to all children during Saturdays. This is a work which was instigated many years ago by the National Health Society, and the Metropolitan Public Gardens Association, by bearing the cost of the opening of twelve playgrounds during the past three or four years, and by repeatedly asking the Board to follow its bold initiative, has at length achieved success. It is impossible to enter in detail into the forty or fifty under-

Cemetery (eleven acres),

tion Ground. Funds are urgently needed towards the £3,000 required to carry out the work.

CONFERENCE OF HYGIENE AND DEMOGRAPHY.—At the request of the General Committee

for the International Conference of Hygiene and Demography to be held in London in August—President, H.R.H. the Prince of Wales—Mrs. Priestley was elected President of the Ladies' Reception Committee, and Miss Lankester Hon. Secretary.

REMOVAL OF OFFICE from 44 to 53, Berners Street, owing to the want of a good room for committee meetings, lectures, etc., and an exceptionally suitable set of rooms formerly used by the Medico-Chirurgical Society of Great Britain being offered to the Society on moderate terms, the committee decided to move into their present quarters at 53, Berners Street.

Members of the Society are earnestly invited at any time to inspect the new premises. A special fund was raised to assist the removal. Mr. Thomas Twining has kindly sent some valuable additions to the library.

WANTED, to carry on the work of the Society—

More members, subscribers of £1 1s. 0d. annually.

LADIES who will act as hon. secs. in their own neighbourhoods, for the organization of lectures in drawing-rooms and elsewhere.

VOLUNTARY LECTURERS, who will give gratuitous teaching amongst the poor, under the auspices of the Society, who will provide all apparatus and pay travelling expenses.

GIFTS OF DIAGRAMS, models, etc., relating to subjects taught by the Society—Hygiene, Physiology, First Aid, Home Nursing—and BOOKS for the lending library bearing on these subjects.

NEW MEMBERS FOR 1890.

One Hundred and Five new members have joined the Society during the year. More members are *urgently*

needed to help the sanitary mission work amongst the poor, which is so much in request.

This branch of work is *entirely* supported by the annual subscriptions of members of the Society. An *earnest* appeal is therefore made FOR MORE ANNUAL SUBSCRIBERS.

MEMBERSHIP.—*Members of the Society are entitled to a ticket for all lectures given under its auspices, to a copy of its publications, and to the loan of diagrams and apparatus for lectures. Advantages are afforded in the arrangement and organization of lectures in their respective districts.*

The Committee are glad to facilitate the action of members respecting the sanitation of their own dwelling-houses.

MEMBERSHIP is constituted by the payment, annually, of £1 1s. 0d., or by the single payment of £10 10s. 0d.

Applications for Lectures should be made to the Secretary, 53, Berners Street, W.

NATIONAL HEALTH SOCIETY.

Dr.

CASH STATEMENT FOR THE YEAR ENDING DECEMBER 31ST, 1890.

Cr.

| | £ | s. | d. |
|---|--------|-------|-------|
| To Balance from last Account | 97 | 5 | 6 |
| " Subscriptions and Donations | 488 | 7 | 0 |
| " Special Donation from the Residuary Legatees of the late Daniel Proctor | 50 | 0 | 0 |
| " Special Donation per Rev. H. R. Haweis | 5 | 0 | 0 |
| " Donations towards furnishing New Offices | 30 | 17 | 0 |
| " Proceeds of : | | | |
| Lectures | 572 | 18 | 11 |
| Sale of Publications at Office and Lectures | 78 | 0 | 11 |
| " by Allman and Son | 19 | 11 | 0 |
| " Amounts received : | | | |
| For Advertisements | 22 | 15 | 6 |
| " Fees for Examination in Physical Training | 4 | 4 | 0 |
| " Dividends : | | | |
| Canadians | 3 | 11 | 6 |
| Consols | 2 | 15 | 0 |
| | <hr/> | <hr/> | <hr/> |
| | £1,375 | 6 | 4 |

CAPITAL ACCOUNT.

| | | | |
|----------------|-------|-------|-------|
| Investments : | | | |
| New Consols | 100 | 0 | 0 |
| Canadian Bonds | 100 | 0 | 0 |
| | <hr/> | <hr/> | <hr/> |
| | £200 | 0 | 0 |

| | £ | s. | d. |
|--|--------|-------|-------|
| By Rent and Attendance | 152 | 2 | 6 |
| Secretary's Salary | 93 | 15 | 0 |
| Assistant Secretaries' Salaries | 77 | 15 | 0 |
| Commission to Secretary | 54 | 6 | 8 |
| Office Expenses, Coals, Lighting, etc. | 24 | 16 | 10 |
| Printing and Publishing | 200 | 11 | 5 |
| Stationery | 17 | 2 | 0 |
| Postage and Telegrams | 44 | 11 | 7 |
| Expenses of Lectures, including Free Lectures | 475 | 12 | 8 |
| " in connection with Examination for Physical Training | 21 | 18 | 0 |
| Books | 36 | 17 | 5 |
| Travelling Expenses and Carriage of Parcels | 16 | 4 | 6 |
| Advertising | 3 | 10 | 5 |
| Cost of removing to New Offices and furnishing same | 146 | 12 | 10 |
| Balance : | | | |
| In hands of Treasurer | £8 | 16 | 11 |
| " Secretary | 0 | 11 | 10 |
| | <hr/> | <hr/> | <hr/> |
| | 9 | 8 | 9 |
| | <hr/> | <hr/> | <hr/> |
| | £1,375 | 6 | 4 |

HENRY WALDEMAR LAWRENCE,

Hon. Treasurer.

Examined and found correct,

FREDERICK POPE,

Hon. Auditor.

April 17th, 1891.

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 Yool, Mrs.

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| | £ | s. | d. | | £ | s. | d. |
|----------------------------|---|----|----|----------------------------|----|----|----|
| Anderson, C. Wright, Esq. | 2 | 2 | 0 | Lawrence and Co., Messrs. | 2 | 2 | 0 |
| Bale, Messrs. J., and Sons | 2 | 2 | 0 | Louise, H.R.H. Princess | 2 | 2 | 0 |
| Buss, Miss | 2 | 2 | 0 | Maidlow, John, Esq. ... | 2 | 3 | 0 |
| Cecil, Lady Florence ... | 2 | 2 | 0 | Martineau, Miss M. C. | 0 | 10 | 6 |
| Chrieman, Miss | 2 | 2 | 0 | Martineau, Miss A. C. | 0 | 10 | 6 |
| Collection at Grosvenor | | | | Martineau, Miss Gertrude | 0 | 10 | 6 |
| House Annual Meeting | 8 | 0 | 6 | Matthews, C. P., Esq. | 2 | 2 | 0 |
| Ducie, Countess | 3 | 2 | 0 | Maxse, Vice-Admiral ... | 2 | 2 | 0 |
| Forster, A., Esq. | 2 | 2 | 0 | Mocatta, F. D., Esq. ... | 3 | 3 | 0 |
| Fry, Mrs. Theodore | 2 | 2 | 0 | Noble, John, Esq. | 2 | 0 | 0 |
| Hardcastle, Hon. Mrs. | 0 | 10 | 0 | Pope, Samuel, Esq., Q.C. | 2 | 2 | 0 |
| Hart, Ernest, Esq. | 5 | 0 | 0 | Proctor, Daniel, Esq., | | | |
| Haweis, Rev. H. R., Per | 5 | 0 | 0 | Residuary Legatees of | | | |
| Hellyer, Stevens, Esq. ... | 3 | 3 | 0 | the late | 50 | 0 | 0 |
| Holland, Miss Mabel | 2 | 0 | 0 | Ralli, Mrs. Stephen | 5 | 0 | 0 |
| Illingworth, Mrs. Alfred | 0 | 10 | 6 | Sharpe, Miss M. C. | 0 | 10 | 0 |
| | | | | Smith, James, Esq. | 2 | 2 | 0 |
| | | | | Warne, Mrs. | 0 | 10 | 6 |
| | | | | Westminster, Duke of ... | 5 | 0 | 0 |
| | | | | Williams, Miss Caroline | 2 | 2 | 0 |

